



If you have diabetes, get
a dilated eye exam every year.



<http://diabetes.sd.gov>
1-800-738-2301



Living with Diabetes and Preventing Eye Disease

For people with diabetes, eye problems or changes in vision could lead to permanent sight loss. Therefore, a visit to an optometrist (eye doctor) every year for a dilated eye exam is needed. Early detection and treatment of eye disease greatly cuts the risk of sight loss.

Importance of a Dilated Eye Exam

Part of living with diabetes and preventing eye problems is having a dilated eye examination at least yearly. Having your regular doctor look at your eyes can be insufficient. Only an eye doctor can fully detect signs and symptoms of retinopathy, glaucoma and cataracts.

Here are some ways to reduce your risk of eye disease:

- Keep your blood sugar under control. High blood sugar causes damage to blood vessels. Test your blood sugar and get a Hemoglobin A1C test (also called an "A1c") as often as your doctor says. An A1C test measures how much glucose has been in your blood over the past 3-4 months. The goal is under 7%.
- Get high blood pressure under control. High blood pressure can make eye problems worse by increasing damage to blood vessels.
- Quit smoking.
- Maintain a healthy diet and exercise regularly.

See your eye doctor if:

- Your vision becomes blurry
- You have trouble reading signs or books
- You see double
- You see spots or floaters
- Straight lines do not look straight
- Your peripheral vision (side vision) is limited

